

African Folklore Embroidery

by Catherine Redford


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Materials

- African Folklore Embroidery™ kits include a hand drawn design, threads, and a needle. They are available from:
aflembroidery.com

INSTRUCTIONS

1. The main rules of African Folklore Embroidery are simple. Use your favorite colors, don't worry about the stitch police, hoops are unnecessary, and most importantly, have fun!
2. Chain stitch is the main stitch, used for outlining and wherever else you would like to see it. Add cross stitch, French knots, running stitch, fly stitch, and any other stitches you enjoy using.
3. Embellish with a traditional weaving technique, silk ribbon, and beads.
4. Use your finished design in a quilt, on a bag, or on clothing. 

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